

Getting to know



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Getting to know



Nothing is more important than your good health. That's why there's **www.myCIGNA.com** – your online home for assessment tools, plan management, medical updates and much more.

Step 1

Enter **www.myCIGNA.com** in the web address line on your browser.

Step 2

Click on the **Register** button.

Step 3

Enter your **Date of Birth**, **ZIP code** and your **Member ID number** which is printed on your ID card.

Step 4

Click on **Register**. Upon entering personal information a **Confirmation Page** should then appear. Click "**Accept**" if all information is accurate.

HIGHLIGHTS:

Visit myCIGNA – you can:

- Find personal plan and claim information.
- Print a temporary ID card or request a new one.
- Get health care information.
- Track total charges and what you pay out-of-pocket.
- Plan for health expenses.

That's not all. You can access quality and cost information for certain procedures, tests and surgeries to help you make more informed decisions about where to receive care.

Use this guide to help find important features to help you manage your health and make the most of your health plan.

Note: This guide is based on the experience of a typical user. Actual features may vary based on your plan and your individual security profile.

Getting to know



Home

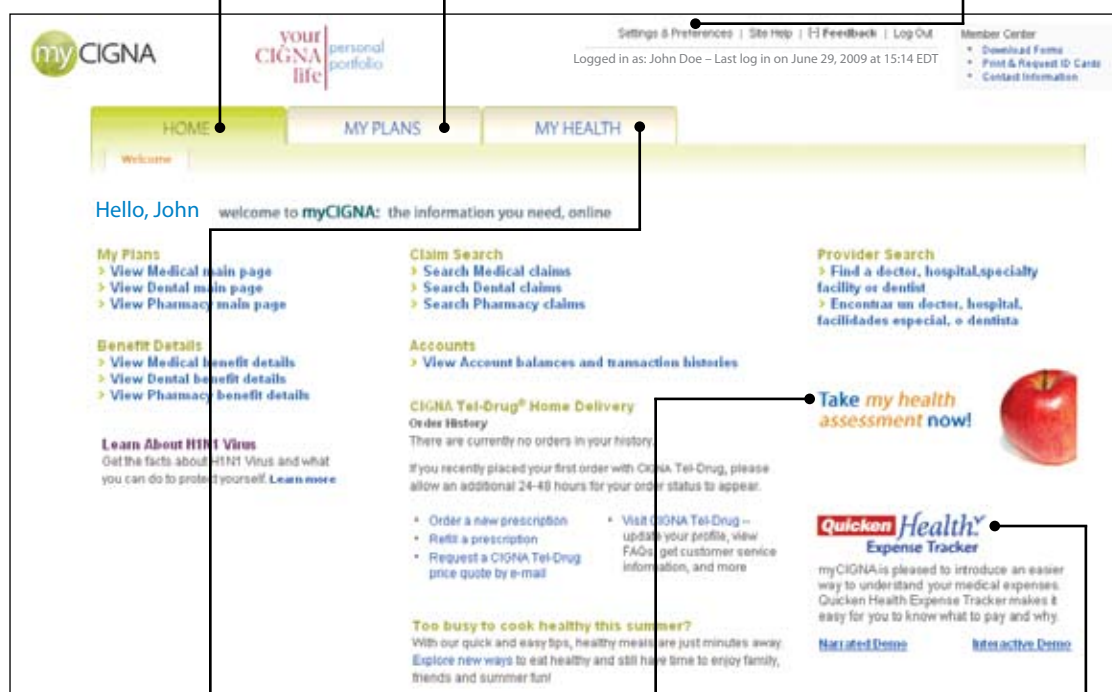
Upon log-in you'll land on your personal Welcome Page where you'll find quick links to the more popular online tools.

My Plans

Where most of your coverage details are found.

Settings & Preferences

Change your password, email address, default start page and preferences to things like email communication and your WebMD® health record.



My Health

Take advantage of a wealth of health-related resources including:

- Cost and quality comparisons
- WebMD tools
- Health management information
- Healthwise® Knowledgebase medical encyclopedia
- *my health assessment*

Health Assessment

Complete a confidential online questionnaire, and find personalized health and wellness recommendations.

Quicken Health Expense Tracker

An online tool that lets you organize, manage and monitor all your medical expenses and information in one place.

Getting to know



HIGHLIGHTS:

- Perform key tasks related to your medical plan.
- Search for claims, view plan information.
- Access your plan-specific directory.
- Access additional resources including commonly asked questions, health assessment, and preventive health information.

Note: This guide is based on the experience of a typical user. Actual features may vary based on your plan and your individual security profile.

Plan Summary

Find your plan information, including who's covered.

Medical Claims Quick Search

Search for claims for up to 365 days at a time. Claims are available for the past 24 months.

I Want to ...

Search for a hospital, doctor, dentist, pharmacy, lab or clinic. Compare doctors and hospitals. Take *my health assessment* or print ID cards.

My Plans - Medical

Plan Summary
JOHN DOE
Plan: HRA/OPEN ACCESS PLUS
CIGNA Care Network
Pharmacy Plan: Tier 3
Account Number: 1234567
Effective Date: 07/30/2007
Status: Active
[See who's covered](#)

If you are enrolled in a HRA or HSA plan as a single individual with no dependents, your Medical Deductible and Out-of-Pocket information may be reflected in the Family sections on the myCIGNA.com My Medical Deductibles - Year-to-Date and Benefit Details Screen. If so, please disregard the "Does Not Apply" that is reflected in the Individual Deductible and Out-of-Pocket sections and refer to the Family sections for your Deductible Accumulations and benefit details.

Medical Claims Quick Search
Find medical claims for: JOHN DOE
Service date(s) within: [Find Claims](#)
[Advanced date range search](#)

My Medical Deductibles - Year-to-Date
Track how much you have paid towards your deductible and accumulated towards plan maximums.

Deductibles - Year-to-Date	In Network	Out-of-Network	
	Amount	Met	Remaining
Plan Accumulation	\$1,500.00	\$1,500.00	\$0.00

[View deductibles and maximums for all members](#)

Medical Benefits
[View your medical benefit details](#)
Take a look at who's covered and what your plan covers, including answers to questions about deductibles, benefit maximums, out-of-pocket maximums and medical authorizations.

Additional Resources
[View preventive health benefit information](#) (PDF 144k)
See what preventive and wellness services are covered.
[Add or Switch a Primary Care Physician](#)
Search our provider directory to add or switch the designated Primary Care Physician for you or your dependents.

Message from CIGNA
[Quest Diagnostics](#) (1.800.377.7220) and [Laboratory Corporation of America](#) (1.888.522.2677) are preferred national laboratories. Ask your doctor, call or visit these links for locations nearest you.
[View the Getting to Know myCIGNA Guide](#) (PDF 1.9M) for more detailed information on myCIGNA.
Losing your health plan coverage? Choices for maintaining health coverage after a loss of employment or other triggering event.
Message from your employer
Concerned about a major health problem? **New covered benefit:** Get a confidential online second opinion from the MyConsult® experts at Cleveland Clinic. [more](#)
New! Access Your Healthy Life Personal Health Team [more](#)

I Want to...

- Find a doctor, hospital or special facility
- Encontrar un doctor, hospital, o facilidades especial
- Estimate medical costs for a condition or procedure
- Take *my health assessment*
- Print a temporary ID card
- Request a new ID card
- Compare Hospitals
- Learn more about Well Informed

Related Health Resources

- MyConsult® Online Second Opinion (covered benefit)
- Behavioral Health Tools and Plan Information
- CIGNA Companies' Summary Plan Description (SPD)
- Convenience Care Clinics
- CIGNA Tel-Drug Home Delivery
- Healthy Life Personal Health Team

Discounts from Healthy Rewards®
Save on health and wellness products and services.
Select a Program [GO](#)

My Medical Deductibles

Track how much you pay toward your deductibles (the amount you pay) and accumulate toward plan maximums.

Medical Benefits

View a summary of your plan's coverage, including answers to questions about what you need to pay out-of-pocket.

Discounts from Healthy Rewards®

Learn how you can save on health and wellness products and services.

HIGHLIGHTS:

- Find a dentist in the online directory.
- Easily track deductibles and plan maximums, when applicable.
- Estimate your dental costs before your visit.
- Print a dental ID card.
- Get the forms you need.
- Guage your risks for cavities and gum disease through dental risk assessments.

You can also get information on how to select a dentist. Access dental health information through WebMD Dental Health Resource Center, and more.

Note: This guide is based on the experience of a typical user. Actual features may vary based on your plan and your individual security profile.

Getting to know



Dental Benefits

Find plan details and who's covered. Learn what preventive care services are covered by your plan. And get answers to your dental health questions.

I Want to ...

Find a dentist or specialist, download a form, or print a dental ID card.

My Plans - Dental

Plan Summary

JOHN DOE

Plan: CIGNA COMPANIES

Account Number: 1234567

Network Name: CORE NETWORK

Effective Date: 09/01/2003

Status: Active

[See who's covered](#)

Message from CIGNA

View the [Getting to Know myCIGNA Guide](#) (PDF 1.9M) for more detailed information on myCIGNA.

View the [myCIGNA Dental Guide](#) (PDF 1MB) for more detailed information on myCIGNA Dental pages.

Questions about your Dental Plan?
Call 1.888.992.4462
(8 am - 6 pm local time)

Dental Claims Quick Search

Find dental claims for: JOHN DOE

Service date(s) within: [Find Claims](#)

[Advanced date range search](#)

My Dental Deductibles - Year-to-Date

Track how much you have paid towards your deductible and accumulated towards plan maximums.

Deductibles - Year-to-Date	In Network	Out-of-Network
Basic & Major Restorative	Amount	Met
JOHN DOE	\$25.00	\$0.00
Family	\$75.00	\$0.00

[View deductibles and maximums for all members](#)

Dental Benefits

[View your dental benefit details](#)

Take a look at who's covered and what your plan covers, including answers to questions about preventative, restorative and diagnostic care.

Dental Treatment Cost Estimator

[Estimate your dental costs](#)

Find out the estimated cost for a procedure or treatment.

I Want to...

- [Find a dentist in CIGNA's Provider Directory](#)
- [Encontrar a un dentista en el Directorio de Proveedores de CIGNA](#)
- [Download a dental claim form \(PDF 1.473k\)](#)
- [Print a Dental ID Card](#)

Related Health Resources

- [WebMD Dental Health Resources](#)
- [Cavity Risk Assessment Quiz](#)
- [Periodontal \(Gum\) Disease Risk Assessment Quiz](#)

Discounts from Healthy Rewards®

Save on health and wellness products and services.

Select a Program [GO](#)

Common Questions

- [Do I need an ID card to receive dental care?](#)
- [How do I choose a dentist?](#)

Dental Treatment Cost Estimator

Get an estimate of your dental costs before your next visit. You'll find cost information by ZIP code for procedures like teeth removal, biopsies of the mouth, and more.

Related Health Resources

Find dental health information from the WebMD Dental Health Resources Center. Take the Cavity and Periodontal Disease Risk Assessment quizzes to know your risks for cavities and gum disease including how to handle a dental emergency.



HIGHLIGHTS:

- Search for claims.
- View plan information.
- Review real time drug pricing information based on your pharmacy plan.
- Order medications through CIGNA Home Delivery PharmacySM.
- Locate nearby pharmacies.
- Compare your medication with other drug options, including brand names, available generics and other low-cost drug alternatives.
- Confidentially submit questions to a pharmacist for answers you need.

Note: This guide is based on the experience of a typical user. Actual features may vary based on your plan and your individual security profile.

Price a Medication

Compare costs of your prescription drugs at specific retail pharmacies and CIGNA Home Delivery Pharmacy.

I Want to ...

Find links to popular tasks, such as searching for a pharmacy, downloading a form and printing ID cards.

My Plans - Pharmacy

Plan Summary

JOHN DOE

Plan: Tier 3

Account Number: 1234567

Effective Date: 07/30/2007

Status: Active

[See who's covered](#)

Message from CIGNA

Pay less when you fill your Lipitor prescription. Lipitor is now a Preferred Brand in the CIGNA Prescription Drug List. Visit the Prescription Drug Price Quote Tool and review real-time drug pricing information based on your pharmacy plan.

View the [Getting to Know myCIGNA Guide](#) (PDF 1.9M) for more detailed information on myCIGNA.

Getting your medication can be faster and easier when your doctor sends your prescriptions electronically. [more](#)

Ordering from CIGNA Tel-Drug? We are unable to process online orders for new prescriptions at this time. New prescriptions must be ordered by mail. Refill orders are not affected. [more](#)

We apologize for this temporary inconvenience. **Urgent need?** Contact your doctor for a 30-day prescription that can be filled at your local pharmacy.

See what others are saying about the Prescription Drug Price Quote tool, then scroll down to give it a try!

"This website is awesome! With the economy as it is, it is extremely helpful to know what costs you are facing, especially for maintenance drugs. The data regarding alternatives is also very helpful. Thank you for making access to important benefit information much easier."

"It was nice to review pharmacy on-line and help make better choices between generic and name brand drugs."

"This is a great tool to use especially during these economic times when you really have to watch every cent you spend."

Price a Medication

➤ [Get a prescription drug price quote](#)

Determine drug costs and find out if it's covered by your plan.

CIGNA Tel-Drug® Home Delivery Pharmacy

You could save more with the convenience of home delivery for medications you take on a daily basis.

- Request a new prescription from CIGNA Tel-Drug Home Delivery Pharmacy
- Refill a prescription from CIGNA Tel-Drug Home Delivery Pharmacy
- Check the status of your order
- Visit CIGNA Tel-Drug – update your profile, view FAQs, get customer service information and more

Pharmacy Claims Search

➤ [Search claims for JOHN DOE](#)

View pharmacy claim information. History is available for the past 16 months.

Pharmacy Benefit Details

➤ [View your pharmacy benefit details](#)

Take a look at who's covered and what your plan covers, including answers to questions about deductibles.

I Want to...

- Find a Pharmacy in CIGNA's Provider Directory
- Encontrar una farmacia en el Directorio de Proveedores de CIGNA
- Get a Prescription Drug Claim Form
- Download a Tel-Drug® Mail Order Form (PDF 342K)
- Request a new ID card
- Print a temporary ID card
- Learn more about Well Informed

Related Health Resources

- Top 50 Drugs and their Generic Equivalents
- A to Z encyclopedia of medications (Provided by Healthwise)
- Consumer's Guide to E-Prescribing. (PDF 465kb)

Discounts from Healthy Rewards®

- Save on health and wellness products and services.

Select a Program ▼ [GO](#)

CIGNA Home Delivery Pharmacy

Order a new prescription or refill an existing prescription through our convenient mail-order service. Take advantage of our lower costs and get a 90-day supply delivered to your door at no additional cost for delivery.

Pharmacy Claims Search

Search for pharmacy claims for the primary plan subscriber for the past 16 months.

HIGHLIGHTS:

- View balances and transaction history for accounts specific to your plan such as a Health Reimbursement Account (HRA), Health Savings Account (HSA), Healthy Awards Account® or Flexible Spending Account (FSA).
- Find a list of services and expenses covered by your account(s).

- Get detailed information on how your account(s) work.

Note: This guide is based on the experience of a typical user. Actual features may vary based on your plan and your individual security profile.

Getting to know



My Accounts

View your balances & transaction history for your account(s). Understand how your account(s) work.

I Want to ...

Find links to popular tasks, such as searching for a doctor or hospital, learning what your account covers or downloading a form.

My Plans - Accounts

Account Summary
JOHN DOE

Accounts:

- Health Reimbursement Arrangement (HRA)
- Flexible Spending Account

Your employer has elected medical auto claim forwarding for your HRA.

You have elected Health Care FSA medical auto claim forwarding.

Message from CIGNA

Have your FSA reimbursements deposited directly to your bank account. Simple online setup can be found by selecting **Settings and Preferences** at the top of this page.

View the [Getting to Know myCIGNA Guide](#) (PDF 1.9M) for more detailed information on myCIGNA.

My Accounts

- View HRA and FSA Balances & Transaction History**
View your balance & transaction history for your Health Reimbursement Arrangement (HRA) and Health Care Flexible Spending (FSA) Accounts
- HRA Overview**
Understand how your Choice Fund HRA works.
- Health Care FSA Overview**
Understand how your Health Care FSA works.

My Awards Programs

- View My Awards Program**
Learn about available programs and view completed programs

I Want to...

- Encontrar un doctor, un hospital, o una facilidad especial
- Find a doctor, hospital or special facility
- Take my health assessment
- See what's covered by my HRA
- See what's covered by my Health Care FSA
- Use the FSA Calculator
- Download my Account Reimbursement Forms

Related Health Resources

- CIGNA Companies' Summary Plan Description (SPD)
- Shop FSA Store at drugstore.com

Discounts from Healthy Rewards®

- Save on health and wellness products and services.

Select a Program

My Awards Programs

Learn about available programs and view completed programs.



HIGHLIGHTS:

Visit myCIGNA – you can:

- Complete *my health assessment*.
- Compare hospitals for cost and quality.
- Seek health advice.
- Learn more about a particular condition or procedure.
- Get estimated costs for specific procedures.

- Search the CIGNA 24-Hour Health Information LineSM and Healthwise[®] Medical Encyclopedia for information on hundreds of medical topics.

Note: This guide is based on the experience of a typical user. Actual features may vary based on your plan and your individual security profile.

Cost and Quality Resources

Compare cost and quality between doctors and hospitals to help you decide where to receive care.

Health Management Resources

Find information on CIGNA HealthCare resources that help you get healthy and stay healthy. Depending on your plan, these resources include the CIGNA 24-Hour Health Information Line, CIGNA HealthCare Healthy Babies[®], and CIGNA Health Advisor[®].

My Health - Health Topics Overview

This Month's Health Topic
Hot weather? It's important to stay hydrated
Summer is here at last, and it's time to enjoy the sun as we play and exercise outdoors. When the weather heats up, it's important to be sure you drink enough fluids. Find out how much is enough, and what you should choose to drink, in the [July "Your Health and Well-Being" newsletter](#) (PDF 230k). You'll find tips for children at summer sports camps and games, too.

Summertime safety tips
Remember the simple basic precautions

- Apply sunscreen 30 minutes before you go outdoors.
- Use insect repellent with DEET to ward off mosquitoes and ticks. (Less than 10% DEET for children.)
- It takes 36 hours for a tick to transmit Lyme disease. Check yourself and your children for ticks before bedtime.
- Itchy bites? Topical anti-itch cream may help.

Cost and Quality Resources

- [Hospital and other facility-based procedures & services](#) Estimated cost range for specific procedures
- [Hospital Comparison Tool](#) Compare hospitals based on quality measures

[More Cost and Quality Resources](#)

Health Management Resources

- [my health assessment](#) Complete this questionnaire to identify your health risks and get personalized information on how to improve your health
- [WebMD Personal Health Manager](#) Personalized health tools and information such as WebMD Health Record and Symptom Checker
- [Health Information Line](#) Call the number on your ID card for 24-hour guidance on medical treatment, or listen for hundreds of the **latest podcasts** to help you stay informed about your health.
- [Personal and Online Coaching Programs](#) Covering a variety of health issues and topics, these programs provide either a trained advisor, who will work with you one-on-one, or online coaching and guidance

[More Health Management Resources](#)

Condition and Wellness Resources

Get help and information on these and other topics: search or browse the [Healthwise[®] Medical Encyclopedia](#), an interactive library of more than 5,000 condition, health and wellness articles.

Arthritis

- Talk with your Personal Health Advisor
- Partner with a health coach to better

Men's Health

- Talk with your Personal Health Advisor
- Partner with a health coach to better

Medical Encyclopedia from Healthwise[®]

Find specific information on [GO](#)

Browse information by topic:

- [Health Topics](#)
- [Medical Tests](#)
- [Medications](#)
- [Support Groups](#)
- [en Español](#)

Focus on Prevention

- [Covered Preventive and Wellness Services](#) (PDF 450k)

Discounts from Healthy Rewards[®]

- Save on health and wellness products and services.

Select a Program [GO](#)

Message from CIGNA

[Commitment to Quality](#) (PDF 990kb)

View the [Getting to Know myCIGNA](#)

my health assessment

Help improve your health by completing this secure online health questionnaire.

Condition and Wellness Resources

Find support tools on a number of conditions. Learn how you can get healthy with our trained medical practitioners.

WebMD Personal Health Manager

A suite of tools and health resources to better assess, track and manage your personal health.

Medical Encyclopedia from Healthwise

Learn more about your condition, procedure or upcoming medical test. Find support groups or learn more about your medications.

HIGHLIGHTS:

- Find all participating CIGNA HealthCare doctors, hospitals, pharmacies, labs and clinics.
- Get to know the different tools that can help you find quality care at lower costs. Find out how choosing a CIGNA Care designated specialist can save you on out-of-pocket costs.

- Select common conditions or procedures to find providers and experience a complete and uninterrupted scenario of care.

Note: This guide is based on the experience of a typical user. Actual features may vary based on your plan and your individual security profile.

Getting to know



Type of Provider

Find a doctor or hospital in your area. Look for a Center of Excellence, or if your plan includes CIGNA Care, consider a specialist with the CIGNA Care designation.

Search by Specialty

Look for a doctor or hospital based on a procedure, symptom or condition.

Search

Run your inquiry by City, State or ZIP. Specify how far you are willing to travel.

your CIGNA life

personal portfolio

[Settings & Preferences](#) | [Site Help](#) | [Feedback](#) | [Log Out](#)
 Logged in as: John Doe – Last log in on June 29, 2009 at 15:14 EDT

[Member Center](#)

- Download Forms
- Print & Request ID Cards
- Contact Information

Provider Directory - Find a Provider

Know before you go. [Estimate medical costs](#) for your condition or procedure.

Oregon residents: You may be eligible to get cost estimates for common procedures and services. You may [send an email to customer service](#) to see if you qualify.

Select the type of provider. Use the drop down list to narrow your search.

Physician By Specialty Family Practice

Choose the distance you're willing to travel and then city and state OR zip code.

Within 25 miles of

Address City State Zip Code

Optional Filters

Accepting New Patients: ☐ Yes ☒ No Preference

Gender: ☐ Male ☐ Female ☒ No Preference

Board Certified: ☐ Yes ☒ No Preference

Secondary Language:

Do you want to search in: ☒ Your CIGNA HealthCare Network ☐ Out of Your Network [explain this...](#)

Other Provider Directories

- [CIGNA Certified Hospitals for Bariatric Surgery \(PDF\)](#)
- [CIGNA Certified Oncology Centers \(PDF\)](#)
- [CIGNA Certified Hospice Centers \(PDF\)](#)
- [Dollars & Sense \(PDF\)](#)
- [VT Hospital Pricing and Financial Report](#)

NEW: Try the new, more targeted search options. The provider directory selection categories will help you quickly locate a provider. Quest Diagnostics (1.800.377.7220) and Laboratory Corporation of America (1.888.522.2677) are preferred national laboratories. [Disclaimer](#)

Getting to know



HIGHLIGHTS:

- Use our cost and quality tools to compare hospitals and doctors.
- Consider a CIGNA Care designated doctor when you need to see a specialist. The teal leaf symbol denotes participating doctors who meet or exceed specific quality care and cost-efficiency criteria for performance.

- Find hospitals designated as a CIGNA Center of Excellence and save on your out-of-pocket costs.
- Get cost savings tips to make the most of your health care dollars.

Note: This guide is based on the experience of a typical user. Actual features may vary based on your plan and your individual security profile.

Search and Compare Costs

Experience an entire scenario of care. Learn about your condition, find a doctor or hospital, get prescription drug information and more. You don't have to log in and out between searches. Compare doctors and hospitals on cost and quality of care and make the most of your health care dollars.

Cost Savings Tips

Learn additional ways to save on your out-of-pocket costs.

My Health - Cost and Quality Resources

This Month's Health Topic

Hot weather? It's important to stay hydrated

Summer is here at last, and it's time to enjoy the sun as we play and exercise outdoors. When the weather heats up, it's important to be sure you drink enough fluids. Find out how much is enough, and what you should choose to drink, in the [July "Your Health and Well-Being" newsletter](#) (PDF 230k). You'll find tips for children at summer sports camps and games, too.

Summertime safety tips

Remember the simple basic precautions

- Apply sunscreen 30 minutes before you go outdoors.
- Use insect repellent with DEET to ward off mosquitoes and ticks. (Less than 10% DEET for children.)
- It takes 36 hours for a tick to transmit Lyme disease. Check yourself and your children for ticks before bedtime.
- Itchy bites? Topical anti-itch cream may help.

Cost Resources

Get Costs for

- [Search and Compare costs and quality metrics for certain Procedures or medical Conditions](#) Estimate cost range for specific procedures
- [Convenience Care Clinics](#) Cost for services provided by Convenience Care Clinics
- [Dental Treatment Cost Estimator](#) Estimate costs for dental procedures or treatments. This link will redirect you to the My Plans - Dental page where you can access the Dental treatment cost estimator.
- [Cost Savings Tips](#) (PDF 73k) Tips to decrease your out-of-pocket expenses

Quality Resources

- [Hospital Comparison Tool](#) Compare hospitals based on quality measures
- [Compare physician & hospital quality](#) Use our Provider Directory to compare physician and hospital quality profiles
- [NCQA Recognized Physicians](#) Search for physicians recognized by NCQA for quality diabetes or heart/stroke care and for hospitals that meet the Leapfrog Group's patient safety standards. Check the myCIGNA provider directory to determine if the physician or facility participates in your benefit plan before seeking care.

Medical Encyclopedia from Healthwise®

Find specific information on

Browse information by topic:

- [Health Topics](#)
- [Medical Tests](#)
- [Medications](#)
- [Support Groups](#)
- [en Español](#)

Discounts from Healthy Rewards®

- Save on health and wellness products and services.

Select a Program

Compare Physician & Hospital Quality

Compare doctors and hospitals in your area. You can find doctors with CIGNA Care designation or find a Center of Excellence hospital.

HIGHLIGHTS:

- Connect with the resources you need to make informed decisions about your health.
- Enroll in a program to improve your health and well-being.
- Get the facts about your health or condition for more control.
- Access an extensive range of high-quality health and well-being services.
- Store your lab and claims data in one secure, central location.

Note: This guide is based on the experience of a typical user. Actual features may vary based on your plan and your individual security profile.

Getting to know
myCIGNA

my health assessment

Complete this confidential questionnaire and learn how you can improve your health. You'll receive a health score and a simple-to-follow health plan to help you get healthy and stay healthy.

WebMD® Personal Health Manager

Store and monitor your health information in one central and secure location. Choose to send your lab and claim data to your health record. Fax or print a summary to share with your doctors.

Health Information Line

View a list of prerecorded information on various topics from aging and women's health to nutrition and surgery.

My Health - Health Management Resources

This Month's Health Topic
Hot weather? It's important to stay hydrated
Summer is here at last, and it's time to enjoy the sun as we play and exercise outdoors. When the weather heats up, it's important to be sure you drink enough fluids. Find out how much is enough, and what you should choose to drink, in the July "Your Health and Web-Bang" newsletter (PDF 220K). You'll find tips for children at summer sports camps and games, too.

Summertime safety tips
Remember the simple basic precautions:

- Apply sunscreen 30 minutes before you go outdoors.
- Use insect repellent with DEET to ward off mosquitoes and ticks. (Less than 10% DEET for children.)
- It takes 36 hours for a tick to transmit Lyme disease. Check yourself and your children for ticks before bedtime.
- Itchy skin? Topical anti-itch cream may help.

Health Management Tools

- my health assessment**
Complete this questionnaire to identify your health risks and get personalized information on how to improve your health
- WebMD Personal Health Manager**
Personalized health tools and information such as WebMD Health Record and Symptom Checker
- WebMD Health Record**
Access your online Health Record to review your medical history. You can also choose to:
 - Create summaries to share with your healthcare providers
 - Generate an Emergency Health Record Card to carry with you

Health Information

- Health Information Line**
Call the number on your ID card for 24-hour guidance on medical treatment, or refer to the Download a Podcast page for hundreds of the latest podcasts to help you stay informed about your health.
- Healthy Babies**
Our prenatal care and patient education program. Educational materials from recognized sources
- WebMD Dental Health Resource Center**
Dental health news, tips and information
- WebMD Pregnancy Center**
Resources and tools to support you through your pregnancy

Personal Coaching Programs

- Health Advisor - Personal Health Team**
Your CIGNA HealthAdvisor is your single point of contact for easy-to-understand health and wellness information, and will help you reach informed decisions as you consider your treatment options and preferences
- Healthy Pregnancies, Healthy Babies**
Programs to help women and their babies stay healthy during pregnancy, with screening for high-risk pregnancies, ongoing support, and educational information
- Lifestyle Management**
Work directly with your personal coach who will help you with your healthier lifestyle goals
 - Healthy Steps to Weight Loss**
Create a tailored healthy eating and living plan that matches your lifestyle and helps you reach your goals.

Disease and Condition Management

- Cancer Care Resources**
Personal support to help you and your loved ones understand your diagnosis, evaluate your treatment options, and more effectively manage its effects on you, your family, and your life

Online Health Coaching Programs
Eight-week online coaching programs provide information, skills and motivation to help you achieve your wellness goals.

- Nutrition Management**
Support as you work towards better eating habits and a healthier lifestyle
- Physical Activity/Fitness**
Helps you to maintain your ideal weight, increase your energy level, and improve your fitness

Medical Encyclopedia from Healthwise
Find specific information on
Browse information by topic:

- Health Topics
- Medical Tests
- Medications
- Support Groups
- an Español

Discounts from Healthy Rewards

- Save on health and wellness products and services.

Select a Program

Message from CIGNA
View the Getting to Know myCIGNA Guide (PDF 1.8M) for more detailed information on myCIGNA.

Disease and Condition Management

Find personal support and information to help you understand and more effectively manage your condition.

Online Health Coaching Programs

Participate in 6-8 week online programs, and learn ways to improve your quality of life.



www.myCIGNA.com

*Healthy Rewards® is a discount program. Some Healthy Rewards programs are not available in all states. If your CIGNA plan includes coverage for any of these services, this program is in addition to, not instead of, your plan benefits. A discount program is NOT insurance, and you must pay the entire discounted charge.

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